



HOW TO PREPARE FOR MURPH

“Murph”: In memory of Lt. Michael Murphy

1 mile run
100 Pull Ups
200 Push Ups
300 Air Squats
1 mile run
(*Rx as written with a 20# weighted vest)

How to prepare:

1. Pre-workout

- Hydration: tips [here](#); drink half your body weight in ounces/day, +24 ounces of water per hour of exercise, prepare with glucose, and carbs
- Mindset: My favorite mindset prep guru - [Dawn Fletcher](#)
- Mobility:
 - No equipment shoulder warm up from [The Ready State](#)
 - [Squat prep](#)
- Gear:
 - Best grips: [Bear Komplex Grips \(3 hole\)](#)
 - Here's a review on best [weighted vests](#) for CrossFit
 - Born Primitive: [Best workout clothes](#)

2. During workout

- Pacing: during the run, rate of perceived exertion should be in a 5-6 range out of 10. Moderate intensity.
- Sets/Reps: Are you going through all 100 pull ups? Then all 200 push ups? Then all 300 squats? Or 20 rounds of 5 pull ups, 10 push ups, 15 squats? Or maybe "1/2 Murph"? How are you maintaining good form throughout your movements? ***Pick the option that will keep you most consistent.***
- Mindset: Phrases that help me are something like this: "I get to do this" and thinking about how "this little bit of suffering is a small sacrifice compared to our heroes' act of serving our country."

3. Post-workout

- Active Recovery: "walk it out" and go for a cool down 10 minute walk or 10 minute bike ride!
- Hydration: My favorite post-workout recovery is [LMNT](#)! Get discounts when you use my link above!
- Carbs: within 45 minutes of completing your workout, refuel with carbs at an amount of 0.5-0.7g per 1lb of body weight.
- Mobility: Check out my "[SOS Kit](#)" for a whole body 20 minute mobility flow.